



Spirit

THE MISSOURI 4-H FOUNDATION NEWSLETTER // SPRING 2015



Missouri 4-H
FOUNDATION

INSIDE

In memorium

Remembering
Bill Crouch and
Nelson Trickey
p.3

4-H Bridge Builder

Don Nikodim and
the Missouri Pork
Association
p.4

Community garden

Missouri 4-H
Foundation and
Monsanto award
grant to fund
community garden
p.6

Clover Classic

Join us for the 6th
Annual Clover
Classic Golf
Tournament
p.7

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Q & A with Dr. Marla Tobin, 4-H alumna

Dr. Marla Tobin was a 10-year 4-H member in Lafayette County and a 1972 National 4-H Conference delegate. She is a graduate of the University of Missouri and a board-certified physician in family medicine. Marla currently serves as a Missouri 4-H Foundation trustee. We sat down with her for an interview about her experiences as a Missouri 4-H member.

Q. When did your 4-H story begin and what was your first 4-H project?

A. My Missouri 4-H story began more than 50 years ago in Lafayette County. I was eight-years-old and my first 4-H project was a beef calf named Pudgy. I had become quite attached to him, and after a very long walk to the Kansas City Stock Yards gate, I quickly decided to switch to dairy cows. I eventually began raising and showing Registered Holsteins. By the time I graduated from high school, I had 22 Registered Holsteins and was able to finance my undergraduate degree, medical school and my first house with the proceeds from those cattle. I'll always have a soft spot in my heart for those Holsteins!

Q. What was your most memorable 4-H project or event?

A. Through Missouri 4-H, I was able to attend many fun and educational trips including National 4-H Congress, National 4-H Conference, State 4-H Club Week and many others. Perhaps the most memorable was my trip to National 4-H Conference. Nelson Trickey was our chaperone, and I was chosen as one of four statewide delegates to represent Missouri 4-H.



Left to Right: Don Petty, Clay County; Rep. Hungate; Tommy Morris, Ralls County; Rep. Bill Randall; Marla Tobin, Lafayette County; Penny Strong, Ozark County; and Nelson Trickey.

The event brought us together with 4-H'ers and volunteers from across the country to network, gain educational experience, and engage as citizens by meeting with congressional

>> continued on page 6



Missouri 4-H FOUNDATION

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Incorporated in 1949, the mission of the Missouri 4-H Foundation is to secure and manage financial resources to enhance and expand the Missouri 4-H program.

Dear 4-H Friends,

The Missouri 4-H Foundation recently said goodbye to longtime foundation trustees Bill Crouch and Nelson Trickey. Bill passed away on Dec. 10, 2014 and Nelson passed away on Feb. 15, 2015. Bill and Nelson had long histories with Missouri 4-H and the Missouri 4-H Foundation, serving in numerous roles in both organizations over many decades. Both of them made impacts and left imprints on Missouri 4-H that cannot be duplicated and our organizations are much better as a result of their years of service. We are grateful to have had each of them with us for as long as we did, and we'll miss them not only for their accomplishments on behalf of Missouri's young people, but most of all for who they were.

It was a great pleasure to honor Don Nikodim and the Missouri Pork Association at the Missouri 4-H Foundation Volunteer Leadership and Awards Banquet in March. Don and the Pork Association were recipients of the Nelson Trickey 4-H Bridge Builder Award, which is presented to individuals and organizations for exceptional service bridging youths and communities. Don and the Pork Association have certainly done that over many years, and their work continues on behalf of 4-H today. Nelson Trickey, the award's namesake, was proud to know that Don and the Pork Association would be honored this way.

The arrival of spring sets into motion plans for the 6th Annual Clover Classic Golf Tournament, which is scheduled for Tuesday, June 2 at A. L. Gustin Golf Course in Columbia. We encourage you to make plans to join us for a day of fun and great company to raise funds for Missouri 4-H. If you can't join us that day, we hope you will show your support of Missouri 4-H by sponsoring the tournament, which you can learn more about on our website, 4h.missouri.edu/foundation/.

We hope you enjoy the Q & A feature on Foundation Trustee Dr. Marla Tobin as much as we have. Marla's story exemplifies what 4-H can do for a young person's development. The citizenship, leadership and life skills that are the core principles of 4-H can provide the confidence, abilities and even the direct means, as was the case for Marla, to reach one's goals. Many thanks to Marla for sharing her story with us, and to Pudgy, the beef calf, who started it all.

As always, thanks so much to each of you for your support of Missouri 4-H through the Missouri 4-H Foundation! Our fiscal year ends on June 30, so you still have time to make a gift or pledge your annual or endowed support. We ask that each of you reach out to others and encourage them to do the same. Connecting and reconnecting with our alumni is imperative to ensuring a stronger future for Missouri 4-H. Call us at **800-642-8041**, email us at 4hfoundation@missouri.edu, or visit us online at 4h.missouri.edu/foundation.

Warm Regards,

Cheryl Reams

Executive Director

In memorium

Bill Crouch



1933 – 2014

William “Bill” Mohler Crouch passed away on Wednesday, Dec. 10, 2014, at the age of 81. Bill was born on Aug. 23, 1933, in Alberta, Canada to Edwin and Naomi Crouch, and grew up in Liberty, Mo. He was a member of the Little Shoal 4-H Club in Clay County, Mo. His mother, Naomi, served as his club leader.

Bill met his wife, Betty, while attending the University of Missouri. They were married in 1959, and moved to St. Louis, Mo., where they raised their two children, Steve and Ibby. After working for Betty’s family-owned business, Adams Dairy and Velvet Freese Ice Cream, Bill began a career in the financial services industry and eventually became the founding partner of The Capital Group, LLC.

Much like his mother, Naomi, Bill was a dedicated 4-H volunteer and embodied every quality the 4-H clover represents. He served on the Missouri 4-H Foundation

Board of Trustees for more than 19 years. During his tenure, he served as chairman and led the Investment and Finance Committee for several terms. In 1990, the Missouri 4-H Foundation Board of Trustees established the Naomi Crouch 4-H Volunteer Leadership Award in recognition of Naomi’s dedication to the youth of Missouri. Each spring, Bill proudly presented the award to three outstanding 4-H volunteers in honor of his mother. Bill cared deeply about 4-H and its future, and we’ll miss him greatly.

Nelson Trickey



1924 – 2015

Nelson G. Trickey passed away on Sunday, Feb. 15, 2015, at the age of 90. He was born on June 28, 1924, in Pocahontas, Mo. to Arthur and Ida Trickey, and was a member of the Pocahontas 4-H Club in Cape Girardeau County.

Nelson dedicated much of his life to Missouri 4-H. His passion for 4-H began in 1937 as a young 4-H member in Cape Girardeau County and eventually led to a 4-H career that spanned more than five decades.

After earning his degree in agriculture in 1946, Nelson began working for the University of Missouri Extension Service in Henry County. Nelson and his wife, Lorene, were married in 1954, and from 1958 to 1984, he served as the Missouri 4-H Assistant Director.

Following his retirement, Nelson served on the Missouri 4-H Foundation Board of Trustees for 19 years. He was both a Missouri 4-H and a National 4-H Hall of Fame laureate. His tireless devotion to the 4-H program can be summed up in his own words, “I’d rather wear out than rust out.” In 2002, the Missouri 4-H Foundation Board of Trustees established the Nelson Trickey 4-H Bridge Builder Award in honor of Nelson’s efforts to build bridges that create positive connections for Missouri 4-H’ers and their communities. Nelson’s kind demeanor affected everyone he met, and for that, he will be greatly missed.

Memorials for Bill Crouch and Nelson Trickey may be given to the Missouri 4-H Foundation, 1110 S. College Avenue, Columbia, MO 65211

4-H Bridge Builder: Don Nikodim



Left to Right: Missouri 4-H Foundation Executive Director Cheryl Reams; Lorene Trickey, wife of the late Nelson Trickey; and Don Nikodim, executive vice president of the Missouri Pork Association and recipient of the Nelson Trickey 4-H Bridge Builder Award.

Don Nikodim and the Missouri Pork Association were honored with the Missouri 4-H Foundation Nelson Trickey 4-H Bridge Builder award on March 13 in Columbia. Nikodim, executive vice president of the Missouri Pork Association, exemplifies the Missouri Pork Association's commitment to the future leaders of Missouri's agricultural industry, said Cheryl Reams, Missouri 4-H

Foundation executive director.

"The scope of the Missouri Pork Association's youth outreach is phenomenal, reaching far beyond Missouri 4-H," said Reams. "We are very grateful to have Don and the Missouri Pork Association as partners."

Since 1987, the Missouri Pork Association has been a loyal sponsor of Missouri's delegation to the National 4-H Congress. The

Missouri 4-H Foundation has been able to send up to twenty delegates to the national event annually thanks in part to its long-standing partnership with the Missouri Pork Association.

Recognizing the strong link between 4-H and civic engagement, the Missouri Pork Association has also been a loyal supporter of the Missouri 4-H Legislative Academy, a one-of-a-kind learning opportunity that strengthens relationships between Missouri 4-H and key lawmakers, and enables youth participants to develop skills in citizenship and leadership.

"No other organization serves such a role in helping our young people prepare for the future as 4-H, and I'm grateful that I can be a small part of that process," said Nikodim. "It's truly an honor to receive such a recognition from the Missouri 4-H Foundation."

The Nelson Trickey 4-H Bridge Builder Award is presented to individuals or organizations for their exceptional service bridging youth and the community.

4-H Foundation welcomes new trustees

The Missouri 4-H Foundation welcomed two new trustees in March 2015. Don Nikodim, executive vice president of the Missouri Pork Association, and Kelli Jo Buettner, vice president for Scored Lending and Credit Operations at FCS Financial, were elected to serve on the Missouri 4-H Foundation Board of Trustees. Nikodim and Buettner both come from a

fundraising background and have a strong connection to the 4-H program.

The Missouri 4-H Foundation Board of Trustees is composed of leaders from across the state who work to ensure that MU Extension's 4-H Youth Development Program continues to meet the evolving needs of Missouri's young people.

Missouri 4-H Foundation and Monsanto award \$4,000 grant to fund community garden

The North Missouri Center for Youth and Families (The Center), in collaboration with the University of Missouri Extension and the Livingston County Health Center, has received a \$4,000 grant from the Missouri 4-H Foundation, in partnership with Monsanto, to fund the completion of a community garden at their afterschool site.

The project, which is being led by 4-H volunteer Beth Weidner, will incorporate “Eating From the Garden” curriculum to help children improve their eating habits by introducing them to gardening. Some of the produce will be exhibited by 4-H youths at the Livingston County Fair, and sold at local farmers markets to teach children about entrepreneurship.

“With this grant, we hope to build a strong foundation for learning, while providing a wonderful asset to our community, that will assist us in connecting with youths and families for years to come,” said Jena Eskew, University of Missouri Extension youth program associate in Livingston County.

The Center has also partnered with several other state agencies, including the Missouri Department of Health and Senior Services, to develop the garden.



Missouri 4-H volunteer Beth Weidner leads a group of Livingston County youth as they build raised container beds for their community garden project.

Currently, they have ten raised container beds with plans to add more green space with fruit trees, walking paths and picnic tables.

“Healthy Living is a Mission Mandate of the 4-H program, and the Missouri 4-H Foundation has a long history of supporting projects, like this community garden, that focus on health and nutrition,” said Cheryl Reams, executive director of the Missouri 4-H Foundation. “We are grateful to Monsanto for making this project possible.”

Governor’s Conference on Agriculture benefits 4-H

Farmers and agribusiness leaders from across the state gathered at the Lake of Ozarks in December for the 45th Annual Governor’s Conference on Agriculture, hosted by Gov. Jay Nixon. The three-day event featured a Friday evening BBQ, sponsored by FCS Financial, and an auction to benefit Missouri 4-H, FFA and ALOT.

Top selling items for Missouri 4-H included a VIP Wine Tour and Tasting donated by Les

Bourgeois Vineyards, and a 4-H quilt, handmade by three inmates who participated in a Restorative Justice program at the Women’s Correctional Center in Vandalia, Mo. Proceeds from the quilt will benefit Missouri 4-H Life, a nationally recognized program created to address the needs of children with incarcerated parents. In total, live and silent auction items raised \$3,562 to benefit Missouri 4-H.

Additional Missouri 4-H

auction donors included: A.L. Gustin Golf Course, Baker Creek Heirloom Seed Co., Starline Brass, Inc., Burger’s Smokehouse, Farm Progress, Missouri Ducks Unlimited, Missouri Southern Seed Co., Missouri Wine and Grape Board, the MU College of Agriculture, Food and Natural Resources, One Canoe Two, Carolyn Schomaker, the St. Louis Rams, Sydenstricker Implement Co., and White Mule Winery.

Q & A with Dr. Marla Tobin, 4-H alumna

representatives. We even met President Nixon at the White House! We were treated like royalty, and upon our return, a longtime 4-H supporter, Naomi Crouch, hosted two of us from Western Missouri to a lovely lunch at her house near Kansas City. I didn't realize then that nearly 50 years later I would have the opportunity to serve as a Missouri 4-H Foundation Trustee alongside Nelson Trickey and Bill Crouch, Naomi's son.

Q. What are some of the valuable skills that you learned through Missouri 4-H?

A. I gained confidence and strong communication skills by participating in 4-H Fashion Revue and other public speaking events. During one trip to the American Royal in Kansas City, I was chosen to represent 4-H'ers at the head

table and give a speech to nearly 1,000 attendees. I was seated with Arthur Godfrey and Mrs. Russell Stover at the head table and, until then, had never spoken in front of a group larger than 20. I quickly learned that I loved public speaking and went on to win the county and state Public Speaking contests in the years that followed. I've traveled to 28 states, the Virgin Islands and Bermuda to give medical education talks to other physicians, and I still run my meetings using Robert's Rules that I learned in 4-H parliamentary procedures.

I participated in many other projects that helped me develop useful skills including foods, horticulture, home improvements and clothing. I even made my own



Marla with her first beef calf, Pudgy.

prom dress, a winter coat, and a suit for my dad! I still use my skills in cooking, gardening and sewing, and I continue to share these skills with young 4-H'ers as a volunteer.

Q. Why do you feel that 4-H is still so important today?

A. There is not a day that goes by that I do not use some of the skills that I learned in 4-H. Even today, the next generation of Missouri 4-H'ers are learning valuable leadership, citizenship and life skills through many of the same programs I participated in 50 years ago. These programs would not be possible without the parents, leaders and friends who volunteer or donate to help keep 4-H strong in Missouri. I am forever grateful to them for helping to "make the best better" for Missouri 4-H'ers.



Marla with one of her dairy cows.

Tenth annual 4-H summit engages teens in service and global education

More than 150 Missouri youths and adults participated in “Bring the World Home!” the 2015 Youth Civic Leaders Summit in Camdenton, Mo., March 6-8. The event drew 4-H teams from 32 counties, and groups from Iowa and Illinois 4-H.

“Every year at this event, I see young people becoming more empowered and energized to take on the world, whether it is the fair, their town, county, region or across the globe,” said Jeremy Elliott-Engel, University of Missouri Extension 4-H youth specialist, who led the Newton County team. “This year was no different. I saw youths find a passion, step up to leadership and see a vision for themselves. It was a gift to see that transformational moment,” added Elliott-Engel.

Summiteers participated in a fundraiser for 4-H youth programs in Liberia, and attended workshops led by 4-H alumni and local business leaders. Among the presenters was Brandon Lee White, a motivational speaker for Let It Move, Inc.; Mark Goth, a 4-H alumnus, Missouri 4-H Foundation trustee and finance analyst with Monsanto; and Jo Turner, a 4-H alumna and former state 4-H director. Some of the sessions focused on leadership, service-learning, youth-adult partnerships and global exchange opportunities. Teams also planned 4-H service learning projects with a local/global twist, which they will implement in 2015.

Sponsors of the tenth annual summit include Monsanto Company, Cenex Harvest States Foundation, The Missouri Bar and the Missouri 4-H Foundation.



GOLF TOURNAMENT

In support of Missouri 4-H, mark your calendar for **Tuesday, June 2, 2015**. Make plans to join us for the 6th Annual 4-H Clover Classic Golf Tournament presented by **Monsanto** and **Great American Insurance-Crop Division** at A.L. Gustin Golf Course in Columbia! We sincerely hope you will “team” up with the Missouri 4-H Foundation in supporting positive youth development for Missouri’s youth.

Tuesday, June 2, 2015

10 a.m. Registration, followed by lunch
noon Shotgun start

Four-person scramble, 18 holes
Teams \$360 | Individuals \$90

Registration includes green fees, golf cart, lunch, refreshments and a team photo.

Sponsorship opportunities

Platinum Sponsorship \$750

Includes one team registration, banner signage and special promotions

Premium Sponsorship \$500

Includes one player registration, banner signage and special promotions

Hole Sponsorship \$250

Includes one hole sign and special promotions

Register online

4h.missouri.edu/foundation/



Missouri 4-H Foundation
1110 S. College Ave., Room 152
University of Missouri
Columbia, MO 65211

I am Missouri 4-H

“No other youth organization gave me the knowledge I needed to become a better citizen, skilled worker or volunteer than 4-H.”

— Katie Allen, Missouri 4-H alumna

Did your 4-H experience lead you to lifelong friendships, a unique career path or help you develop a valuable skill? For more than 65 years, the Missouri 4-H Foundation has sought to ensure that every Missouri youth has the opportunity to benefit from a unique 4-H experience, like Katie’s, with the support of caring volunteers who help them grow into capable and successful adults. Help us tell the Missouri 4-H story by sharing the impact 4-H has had on your life, and help us ensure the future of Missouri 4-H by making a tax-deductible gift today.

Visit 4h.missouri.edu/foundation/ to support and reconnect with Missouri 4-H.



Katie Allen is a Missouri 4-H alumna from Linn County. To read her story about Caitlyn, her first 4-H bucket calf, visit us online at 4h.missouri.edu/foundation/.